

CENTER OPERATIONS

FITNESS CENTER HOURS

Mon/Wed/Friday 10:30AM - 2:00PM
Tues/Thurs 8:00AM - 12:30PM
Evening and Saturday Hours
Mon - Thurs 5:00PM - 7:00PM
Sat 8:30AM - 11:00AM

NORMAN PARK STAFF

Sandy Chavez	Ysabel Jaimes
Jasmine Mejia	Stephanie Campos
Caitlin Weston	Adolfo Herrera
Ubah Abdi	Dayanira Heredia
Heder Dominguez	Julian Castruita
Vivianne Atkins	Arleen Chavez

CENTER HOURS OF OPERATION

Mon - Thurs, 8:00AM - 7:00PM
Fri - 8:00AM - 5:00PM
Norman Park Center will be closed:
Martin Luther King Jr. Day: **January 18**
Cesar Chavez Day: **March 31**



 **CITY OF CHULA VISTA**
Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910



RECREATION DEPARTMENT
The Heart of the Neighborhood
www.chulavistaca.gov/rec
270 F Street • (619) 409-1930



Norman Park Senior Center January, February, March

Hobo Soup: Wednesday, January 20 @ 12PM

This January, Norman Park is bringing back the Hobo Soup event! Just bring a can of your favorite soup to the front desk by the 19th, then join us on the 20th for a yummy lunch followed by bingo and prizes.
*The cost is free but pre-registration is still required.

NEW Wii Sports Day: Wednesday, January 27th @ 12PM

Come take part in our first ever Wii Sports Day! Nintendo Wii is an interactive gaming system that requires basic arm motions. Games include bowling, tennis, golf, boxing, and baseball. What better way to reconnect with the sports you love and reap the benefits of increased exercise as well. High scorers will win giveaways!
*The cost is free but pre-registration is still required.

Valentine's Lunch and A Movie: Friday, February 12 @ 12PM

February is the month of the love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, games, and favor bags. Also, a special someone will also be crowned Queen of Hearts!
*The fee is \$12 for two people whether that be a loved one, family member, or friend or \$6 a person.

NEW Carnival Game Day: Wednesday, Febuary 24th @ 12PM

This day will be filled with fun, games, demonstrations, and surprise entertainment. Don't miss out on the opportunity to play corn hole, ring throw, ping pong toss & more. Put your skills to the test and earn raffle tickets that can be redeemed for free popcorn, punch, and entry in our raffle!
*The cost is free but pre-registration is still required.

Potato Bake: Wednesday, March 16 @ 12PM

We will be hosting our annual potato bake in March. Come enjoy a large baked potato with all the fixings and stay for fun trivia games. Space is limited, so register early.
*The fee is \$5/resident & \$6/non-resident.

NEW Easter Egg Hunt: Wednesday, March 23 @ 12PM

Join us as we host a Norman Park Eggs-travaganza! Eggs will be hidden and filled with different goodies, not to mention a few grand prizes. Will you be the one to find the Golden Egg?
*The cost is free but pre-registration is still required.

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

⇒ All programs and activities taking place Monday through Friday between 12pm and 5pm are funded in part through Federal HUD Community Development Block Grant funds. As a result, we are required to gather income and demographic information on every registrant. In order to participate, you will be required to complete a CDBG Intake Form and provide a copy of your picture ID prior to participating. Information will be kept confidential and shall only be used to comply with CDBG requirements. Thank you for helping us be compliant with HUD CDGB regulation which provide \$30,000 in grant funds to keep our doors open and programs running.

⇒ To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at www.chulavistaca.gov/rec or can be sent electronically via email. Please stop by the front desk to add your email to our list.

Calling all Volunteers!

We are looking for front desk volunteers. If you are interested please come to the front desk or call (619) 409-1930.
Or apply at chulavistaca.gov

Commission on Aging

Meets the 2nd Wednesday of every-other-month from 2:45-4:00 PM in the Conference Room

For more information contact: 619-409-5979

Corrections?

See any errors in the newsletter? Let us know at the front desk, so we can be sure to adjust them. Thanks for working with us!

HOLIDAY CLOSURES

Martin Luther King Jr. Day: January 18

Cesar Chavez Day: March 31

SPECIAL EVENTS CONT.

Singing Seniors Present “Another Opening! Another Show!” Wednesday, March 30 @ 1:30 pm

The Singing Seniors of Norman Park Senior Center will present a matinee concert titled “Another Opening! Another Show!” filled with Broadway songs on Wednesday, March 30 at 1:30PM. Come enjoy the music from Broadway shows performed by the Singing Seniors and directed by Rankin on the Piano. We invite you to stay for light refreshments afterwards provided by the Singing Seniors.

WEEKLY EVENTS				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00AM-9:00AM COMPUTER CLUB 8:00AM-12:00PM CIRCUIT TRAINING 9:15AM-10:30PM ART WATERCOLOR 9:00AM-12:00PM SPANISH CONVERSATION 10:00AM-11:00AM WORLD AFFAIR GROUP 10:00AM-12:00PM BRIGE CHICAGO 12:00PM-4:00PM SCRABBLE 12:30PM-4:00PM MOVIE MONDAY 1:00PM-3:30PM BALLROOM DANCE 1:00PM-2:00PM (Fee Pg.7) DANCE CARDIO PARTY 5:30PM-6:30PM	SWC EXERCISE CLASS 8:00AM-9:00AM SINGING INFORMAL 9:00AM-11:30AM BEG LINE DANCE 10:00AM-11:00AM (Fee Pg.7) ADV LINE DANCE 11:00AM-12:00PM (Fee Pg.7) BRIDGE 10:00AM-12:00PM LAUGHTER YOGA 10:30AM-11:30AM GUITAR LESSONS 11:00AM-12:00PM (Fee Pg.7) SINGING SENIORS 1:30PM-3:30PM CREATIVE WRITERS 2:00PM-4:00PM	EXERCISE WITH KAY 8:00AM-9:00AM ARTIST SOCIAL GROUP 9:30AM-11:30AM KNITTING & CROCHETING 9:30AM-11:30AM BRIDGE DUPLICATE 12:00PM-4:00PM (Canceled on special event days) SCRABBLE 12:30PM-4:00PM CHAIR YOGA 4:30PM-5:55PM STRENGTH TRAINING 6:00PM-6:55PM BUNCO GAME NIGHT - CV SENIOR CLUB 5:00PM-6:00PM DANCE CARDIO PARTY 5:30PM-6:30PM (Fee Pg.6)	SWC EXERCISE CLASS 8:00AM-9:00AM 1ST THUR CV SENIOR CLUB DANCE 1:30PM-3:30PM 2ND THURS KOREAN CLUB 11:00PM-2:00PM 3RD THURS GARDEN CLUB 11:00AM-300PM 4TH THUR CLUB AMISTAD 12:00PM-4:00PM GENTLE YOGA 4:30PM-6:30PM	YOGA WITH KAY 8:00AM-9:30AM SPANISH CONVERSATION 10:00AM-11:00AM BINGO - CV SENIOR CLUB 12:00PM-2:00 PM BRIDGE 12:00PM-4:00PM PINNOCHLE 12:00PM-4:00PM SCRABBLE 12:30PM-4:00PM BUNCO - CV SENIOR CLUB 2:30PM-4:00PM



Don’t forget to mark your calendars!

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

January 13 at Black Angus
707 E Street

February 10 at Olive Garden
585 I Street

March 9 at Marie Callender’s
330 F Street



OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Loma Recreation Center

1420 Loma Lane
(619) 409-1939
AM Exercise Tuesdays & Thursdays
9-10am, \$3 drop in or a monthly fee which varies month to month



Salt Creek Recreation Center

2710 Otay Lakes Rd
(619) 585-5739
Free: Ping Pong and Badminton



Heritage Community Center

1381 E Palomar St
(619) 421-7032
Adult Painting, Yoga, Zumba and Cardio Kickboxing

Monteville Recreation Center

840 Duncan Ranch Rd, (619) 691-5269
Pickle Ball, Line Dancing, Painting,
Swing and Ballroom Dance classes



Women's Club

357 G St 91910, (619) 409-1980
Tuesdays & Thursdays
1:00pm Feeling Fit Exercise classes



Valentine's Dance Baile de Corazones

Saturday, February 13, 2016

4:00 PM—9:00 PM

LOMA VERDE RECREATION CENTER

1420 LOMA LANE

CHULA VISTA CA 91911

MORE INFORMATION TO COME!



CHULA VISTA SENIOR CLUB NEWS

Senior Club Membership

Chula Vista Senior Citizens New Membership begins January 11th, 2016.

Please come to the hostess desk to sign up or renew.

Membership Fees are \$7/yr

Board Members Needed

The Senior Club is looking for a 2nd Vice-President, Secretary, and Treasurer. This is an excellent opportunity to contribute to both the Chula Vista Senior Club as well as Norman Park Senior Center. Join the board to be the voice of change! Call the hostess desk at (619) 409-1935 for more information.

Bingo Every Friday

Time: 12PM - 2PM

The Chula Vista Senior Club hosts a potluck during bingo every 1st and 3rd Friday. Please bring a food item to share. Bingo cards are \$.50 cents each for club members, \$1 for non-members. Come for fun and the prizes!

Bingo with Potluck

Jan 8, 22 ; Feb 5, 19 ; Mar 4, 18

Bunco Every Friday

Returns Jan 8th!

2:30PM - 4PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlour game played in teams with three dice.

Live Band Dances

Jan 7th

Feb 4th

Mar 3rd

Time: 1 PM - 3:30 PM

Dress your best for the Senior dance hosted by the CV Senior Club. Live band and light refreshments provided. Tickets sold at the door.

\$5/ Club Members

\$6 / Non Club-Members

NEW 2016

SENIOR CLUB BOARD MEMBERS

President: Jane Gerber

1st Vice President: Joan Vannoy

2nd Vice President: **Vacant**

Secretary: **Vacant**

Treasurer: **Vacant**

Past President: Susan Alvarez



General Meeting

The Senior Club General Meetings are scheduled for the 1st Thursday of each month at 11am. The next meetings are scheduled as follows:

Jan 7 @ 11AM in Room 6

Feb 4 @ 11AM in Room 6

Mar 3 @ 11AM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES & ACTIVITIES

CREATIVE

ART WATERCOLOR

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other artists? Then this is the class for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM-12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-10:30 AM	6	FREE

CRAFT CLASS

Join us for various craft projects offered throughout the year, mostly (make it and take it) projects that are seasonal in nature. Come to the front desk and find the theme of the month!

DAY	TIME	ROOM	COST
2nd Thurs.	2:00 PM-4:00 PM	CONF. RM	FREE

CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

DAY	TIME	ROOM	COST
Tue.	2:00 PM-4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-11:30 AM		FREE

QUILTING

Interested in quilting? All skill levels welcomed. Let's get together to socialize, learn new skills, and work on our projects.

DAY	TIME	ROOM	COST
Thurs.	10:00 AM-11:30 AM	ANNEX	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon/Wed	8:00 AM-9:00 AM	FULL HALL	FREE

SOUTHWESTERN COLLEGE SENIOR EXERCISE

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College. Begins Feb. 2nd!

DAY	TIME	ROOM	COST
Tue/Thurs	8:00 AM-9:00 AM	FULL HALL	FREE

STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	6:00 PM-6:55 PM	9,10,11	FREE

LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tue/Thurs	9:00 AM-10:00 AM	PARK	FREE

YOGA

Yoga improves cardiovascular health, aids digestion and improves sleep and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM-9:30 AM	9,10,11	FREE

CHAIR YOGA

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:30 PM-6:00 PM	9,10,11	FREE

UPSTAIR SERVICES AND CLUBS

CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Call President, Marcela Meza for more information at (619) 990-2716.

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM-4:00 PM	9, 10, 11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **Jan 21, Feb 18, Mar 17**.

For more information call: President Michael J Biedewbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:00 AM-3:00 PM	FULL HALL

KOREAN CLUB

The Korean group meets every 2nd Thursday of the month for a potluck. Upcoming Dates: **Jan 14, Feb 11, Mar 10**. Call Kim at (619) 585-9461 for information.

DAY	TIME	ROOM
2nd Thurs.	11:00 AM-2:00 PM	9, 10, 11



Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more.

Call (619) 729-2772 for more information

DAY	TIME	ROOM
1st & 3rd Wed.	4:30 PM-6:30 PM	Upstairs Office



Movie Monday

1:00 PM– 3:00 PM

Every Monday Norman Park Center features an exciting movie that will keep you entertained. Join us for a movie and light refreshments.

Classic Movie Monday

The first Monday of the month enjoy a screening of a classic movie. If you have a movie request let the front desk staff know and we will search our archives!

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards and free weights.

COST: **Jan.-March** \$35/Res & \$56/Non-Res
 One Month: \$15/Res & \$20/Non-Res

Fitness Center Hours

Monday/Wednesday/Friday 10:30AM-2:00PM
Tuesday/Thursday 8:00AM-12:30PM

Evening and Saturday Hours

Monday-Thursday 5:00PM-7:00PM
Saturday 8:30 AM-11:00AM



SENIOR TECH COMPUTER CLASSES

PRIVATE ONE-ON-ONE INSTRUCTION

(Windows, Email, Microsoft Office, Internet)
One-on-one instruction provided on any of the following:
advanced internet, review of beginning classes, advanced word processing; computer maintenance; safe guarding your computer and file management, basics of how to use your iPad and Kindle.

MONDAY, WEDNESDAY & FRIDAY

TIME : 1:00—1:30 or 1:30– 2:00
COST : \$10 per 30 minute session (\$12.50 non-residents)

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

Circuit Training

The circuit training class works on strength & balance using a variety of fitness equipment. Participants are provided with a workout each week and work at their own level and pace.

DAY	TIME	ROOM
Mon & Wed	9:15AM-10:30AM	FITNESS CENTER

COST: (Jan-Mar) \$12/Res & \$16/Non-Res



Computer Lab Hours

Fridays, 10 am – 12pm (not open on 1st Friday)
*\$10 yearly membership is required for lab use.



CLASSES & ACTIVITIES

GROUPS

GENTLE YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thur.	4:30 PM-6:30PM	9,10,11	FREE

SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM–3:30 PM	ANNEX	FREE

SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM-12:00 PM	ANNEX	FREE

SCRABBLE

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon/Wed/Fri	12:30 PM-4:00 PM	LOBBY	FREE

BILLIARDS ROOM TOURNAMENT

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM-4:00 PM	ANNEX	FREE

WORLD AFFAIRS GROUP DISCUSSION

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM-12:00 PM	10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

INSTRUCTED

BALLROOM DANCE

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Ch and Tango. You don't need a partner. Just come and enjoy!

This class is taught by: Galina Galchenko

DAY	TIME	ROOM
Mon.	1:00 PM-2:30 PM	7 & 8

COST
Month: \$10/Res & \$12/Non-Res
Drop-in: \$3.00/Day



GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by: Scott Humphries

DAY	TIME	ROOM
Tues.	11:00 AM-12:00 PM	11

COST
Month: \$21/Res & \$25/Non-Res



LINE DANCE

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels! This class is taught by: Shirley Wilson

DAY	TIME	ROOM
Advance Tues.	10:00 AM-10:50AM	7, 8
Beginner Tues.	11:00 AM-11:50AM	7, 8

COST
Month: \$20/Res & \$24/Non-Res
Drop-in: \$6.00/Day



CLASSES & ACTIVITIES

WATERCOLOR PAINTING

NEW CLASS
Are you interested in learning to paint with watercolor?
Ed Roeder is the one to teach you how!

DAY	TIME	ROOM	COST
Mon.	9:00 AM-12:00 PM	6	
Month: \$25/Res & \$31/Non-Res			
1st Session: Jan 11-Feb 15			
2nd Session: Feb 22-Mar 21			



DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music
It's not a workout, it's a party! Join Rita for a fun way to get fit.
This class is taught by: Rita Sancen

DAY	TIME	ROOM	COST
Mon & Wed.	5:30 PM-6:30 PM	7 & 8	\$16/\$20 January \$16/\$23 February \$20/\$25 March



PERSONAL ENRICHMENT

BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon.	12:00 PM– 4:00 PM	6	FREE
Tue.	10:00 AM– 12:00 PM	6	FREE
Wed.	12:00 PM– 4:00 PM	7	FREE

BINGO - CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM	COST
Fri.	12:00 PM- 2:00 PM	9, 10, 11	FREE

BUNCO - CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlour game played in teams with three dice.

DAY	TIME	ROOM	COST
Fri.	2:30 PM– 4:00 PM	9,10,11	FREE

BUNCO GAME NIGHT - CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM	COST
Wed.	5:00 PM-7:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM-2:00 PM	LOBBY	FREE

PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Fri.	12:00 PM– 4:00 PM	LOBBY	FREE

SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Tues/Thurs	11:30 AM-5:00 PM	ANNEX	FREE

HEALTH AND SAFETY

MEN'S HEALTH DISCUSSION GROUP

The men's health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks provided.

DAY	TIME	ROOM	COST
2nd Monday	12:15 PM-1:15PM	ANNEX	FREE

BEREAVEMENT SUPPORT GROUP

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM-12:00 PM	CONF. RM.	FREE

SCRIPPS HEALTH TALKS

These talks are presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Diabetes Health Talk:

DAY	TIME	ROOM	COST
Feb 8	10:00 AM-11:00 AM	CONF. RM.	FREE

Topic TBA: There is a topic suggestion list at the front desk.

DAY	TIME	ROOM	COST
Mar 14	10:00 AM-11:00 AM	CONF. RM.	FREE

HEALTH PRESENTATIONS

“How does ObamaCare affect me?”
Topics that we will be discussing include:

- How do I obtain health insurance?
- Is Covered CA an insurance company?
- How do I qualify for help paying for my health insurance premium?
- How do I enroll?
- When is the enrollment period?
- What if I miss the Open Enrollment period?
- What is the penalty for not having health insurance?

DAY	TIME	ROOM
January 28th	10:00 AM	10

VA BENEFIT

DAY	TIME	ROOM
February 25th	10:00 AM	10

BRAILLE INSTITUTE

DAY	TIME	ROOM
March 24th	10:00 AM	10

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